



# BROTHERS WHO CARE



## Jump into January with Brothers who Care

As we move into 2023, most of us have shifted our attention to what is to come this year. Individuals, organizations, our governmental systems, they have all started revving up their strategic planning muscles, eager to say good riddance to the past and move on to the future. Onward and upward, right?

Not so fast. Strategic planning is great, but we can't move forward without taking time for a critical, and often forgotten key to growth: reflection. We are all dealing with a lot of uncertainty and constant change, and it is one of the reasons why reflection is more than just a "nice thing to do" — it's essential.

It would be a big mistake to go into 2023 without having mined last year's successes and challenges for insights that we can carry forward. Additionally, we want to enter the new year with the Brothers who Care community feeling reinvested in the mission of our organization, and remind you of your unique contribution.

Here are some questions to reflect on as we move through our January 2023 newsletter:

**Recall a story of success you were part of this past year — when was a moment you were supremely proud of what you accomplished?**

**Recall a story of a challenge or failure you want to learn from over this past year. When did something go wrong? When were you disappointed with the outcome of something you attempted?**

**What other major milestones or moments did you experience this year?**

**Are you ready? Let's jump into January with Brothers who Care!**

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There is so much happening at Brothers Who Care, and the best way to stay up to date is by visiting us at <https://brotherswhocare.com/>.



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## Distinguished Dialogue with David Griffiths

*"Moving strongly into 2023, I would like to express my heartfelt gratitude for our employees, advisory board and management team, for their tireless commitment and service to Brothers who Care. I want to thank our donors and sponsors for having faith in us, and for pouring into us with unconditional trust."*

*We are providing a vital service to our community, especially for our Black men, who are in desperate need of a space to be vulnerable, to express themselves collectively with other Black men who can relate to their struggles."*

*This year, in light of everything going on around the world, please know that even the simplest act of kindness can make all the difference to those around you. I challenge each of us to practice mindfulness, to focus our attention on giving back to each other, making each other stronger, creating a unified community."*

*We are so fortunate to have a growing community of dedicated individuals who work hard with compassion and respect for those around them."*

*From our team at Brothers who Care, we wish everyone a wonderful and safe 2023!*

**Ever thankful,  
David Griffiths**

### "I SEE ME" Youth Investment Competition

The "I SEE ME" Youth Investment Competition for students grade 4-6, ran March 7th, 2022 through to June 3rd, 2022. The competition was an excellent opportunity for students to learn about money and apply it to real world situations in the stock market. Students used the application, The Stock Market Game™ that introduced young people to saving and investing through a simulation of the stock market and bond market. Students got to trade and manage their own virtual \$100,000 investment portfolio.

Investment Competition winners were announced in June of last year.

### I SEE ME Career Campaign & Documentary

The documentary was released on April 7th, 2022 and featured 11 students who were matched with 11 professionals in their chosen career path. Through stimulating dialogue, and storytelling, the students' eyes were opened to how life would look if they choose to follow the path less chosen. The storytelling element made the documentary an excellent learning tool for elementary schools.

The "I SEE ME" Career digital campaign kicked off on February 25th, 2022 with a sensational social media experience that enlightened, empowered, and transformed.

### The Black Men of Excellence Walk Series presents "Make Mental Health & Well-Being a Global Priority!"

Brothers Who Care collaborated with: R&B In The City Events, Canadian Olympic Committee, LifeWorks, Mr. Kaizen, Fairmont Royal York, Young Street Mission and Seaford Pharmaceuticals WC, for the widely popular Black Men of Excellence Walk, celebrating World Mental Health Day on October 10th, 2022.

Launched in 2020, the walk continues to focus on creating awareness, demystify the stigma surrounding mental health, and direct the Black community to valuable services relating to mental health and wellness.

### Making Mental Health a Global Priority!" Exploring the Mental Health Stigma on a Global Scale

With the assistance of LifeWorks and Seaford Pharmaceuticals, Brothers who Care relaunched the popular Mental Health Hour. The series is focused on addressing the rising mental health issues within the Black community.

# Family Health & Wellness Ski Weekend

Whether it's eating healthier, exercising more or taking better care of your mental health, the beginning of the year is a good time to adopt healthy habits. It is the perfect time to start building a health and wellness routine. What better way to do it than a fun weekend out with friends and family.

**Family Health & Wellness Ski Weekend**

January 13th – 15th, 2023  
Blue Mountain, ON

**Jully Black** **David Griffiths**

**Brothers Who Care**  
in association with Jully Black, 100 Strong & Sexy,  
and Blue Mountain presents:

**MENTAL HEALTH HOUR**  
A Winter Mental Health & Well-Being Experience  
**Saturday, January 14th, 10:00 am – 11:30 am**  
How to guard against Seasonal Affective Disorder (SAD)

**FEATURING**

**Tychon Carter Newman** **Nigel Birch** **Kwame Osei**

**BLUE MOUNTAIN** **LifeWorks** **100 STRONG & SEXY** **BROTHERS WHO CARE** **JULLY BLACK** **XTREME III-III**

**REGISTER NOW: <https://familyhealthandwellnessskiweekend.eventbrite.ca>**

In association with Jully Black, 100 Strong & Sexy, and Blue Mountain presents the New Year Special Edition of the Mental Health Hour. "How to guard against Seasonal Affective Disorder," featuring Kwame Osei, Nigel Birch, and Tychon Carter Newman.

For millions in North America year after year, the coming Winter causes a disruption in mood and behavior. In some cases, these mood changes are more serious and can affect how a person feels, thinks, and handles daily activities.

African Americans have a higher rate of Vitamin D deficiency, so the lack of sunshine on our melanin skin can literally impact our mood. If you have noticed significant changes in your mood and behavior whenever the seasons change, you may be suffering from seasonal affective disorder (SAD), a type of depression.

However, due to the increase of mental health stigma in the Black community and the unhealthy mantra that Black men need to be strong, many Black men can be impacted by SAD and resign to keep their experience to themselves.

When battling against seasonal depression it is important to first acknowledge how you are feeling, and on January 14th, our panelists will be tackling this topic head on.

## Dates to Remember

### Slavery and Human Trafficking Awareness Month

January was first declared as National Slavery and Human Trafficking Prevention Month in 2010. Since then, January has been a time to acknowledge those experiencing enslavement and those who have escaped. Although slavery is commonly thought to be a thing of the past, human traffickers generate hundreds of billions of dollars in profits by trapping millions of people in horrific situations around the world. Traffickers use violence, threats, deception, debt bondage, and other manipulative tactics to force people to engage in commercial sex or to provide labor or services against their will.

### January 16th, 2023 MARTIN LUTHER KING JR. DAY 2023

Each year on the third Monday of January we observe Martin Luther King Jr. Day and reflect on the work that still needs to be done for racial equality. This January 16, make the holiday more than just a day off and take time to reflect and take action on civil rights issues across the globe.

### January 17th, 2023 National Day of Racial Healing

On this day, individuals, organizations and communities across the U.S. come together to explore their common humanity and build the relationships necessary to create a more just and equitable world.

### January 22nd, 2023 Lunar New Year

The traditional Chinese calendar is a lunisolar calendar, which means that it is based on astronomical observations of the Sun's position in the sky and the Moon's phases. This ancient calendar dates back to 14th century BCE (whereas the Gregorian calendar was introduced in 1582).

Lunar New Year, also known as the Spring Festival, is the most celebrated and longest of all Asian festivals, and is observed by millions of people around the world.

### January 24th, 2023 International Day of Education

In 2018, United Nations General Assembly adopted a resolution proclaiming 24 January as the International Day of Education to mark the importance of education in global peace and development.



## There is a call to action for Black Men to embrace their greatness!

There is a call to action for Black Men to embrace their greatness by shifting their priorities toward building themselves up, strengthening their families, becoming financially independent, and restoring their communities.

This year, the Brothers who Care team is focused on providing Black Men solutions so that they come into a greater self-awareness. This year we will be providing strategies for: establishing life goals, making sound career choices, improving one-on-one relationships, coping with family problems, and making better health decisions.



## Testosterone Decline is not inevitable with Age!

To start the year off, we thought we would spotlight a topic that affects men as they begin to age. Testosterone is the primary male hormone, responsible for everything from energy levels and libido, to muscle mass, strength and stamina. For men in their late teens all the way through twenties hormone levels peak.

When testosterone is high, you experience all of the very best benefits this potent hormone has to offer, as it bathes your blood, cells and muscles in its masculine goodness, but then testosterone levels drop as you get older.

But why exactly do testosterone levels fall with age, and how can you reverse the drop and reclaim your masculinity?

New research suggests this is not necessarily a consequence of age itself, but more to do with behavior, such as smoking, and changes in health. There are **10 common ways to increase testosterone levels naturally**. Medical studies have shown that these natural options are all safe and effective on the mind and body.

**These 10 can all be done responsibly**, but please remember to speak with a trusted physician before making any personal health adjustments.

**The 10 include:**

- Exercise and strength training
- Intermittent fasting
- Restriction of refined sugars
- Consumption of healthy fats
- Weight loss
- Limited alcohol consumption
- Zinc supplements
- Vitamin D3 supplements
- Branched chain amino acids supplements
- Less exposure to environmental toxins

It is very important to raise testosterone levels naturally in order to maintain a great quality of life.

## In the Know; News from our Partners

One of our organizational goals is to create lasting community change, and to do this, strong partnerships are essential. We have taken the time to clearly think about what our community of brothers need, and who the right partners are, to build trust, and to lay the groundwork for a partnership that can last. One of our paramount partners is Y.A.A.A.C.E.



### Y.A.A.A.C.E'S Social Inclusion Strategy

Y.A.A.A.C.E's social inclusion strategy is a socio-mechanism co-constructed by a team professionals across different sectors and community members with established trust and rapport with the Jane and Finch community. The objective of the social inclusion strategy is to mitigate the risk factors serving as barriers to students and families achieving to their full potential.

The program provides continuity of care through year-round programming (academics, athletics, recreation, technology and the arts), measured and evaluated through research.

The components of the operational framework are as follows:

#### Community Outreach and Wraparound

Identifying children and youth who would benefit most from our programming and provide comprehensive prevention and intervention supports for them and their families in affordable and accessible ways.

#### The Arts, Athletics and Expanded Opportunities

Providing children and youth access to structured, quality programming in arts, athletics, and expanded opportunities with little to no cost.

#### Academic Intervention & Support

Engaging children and youth academically through through the Community School Initiative., March Break Camp, and the Summer Institute, with a focus on minimizing the opportunity gap in the Jane and Finch community.

#### Research and Curriculum Development

Working in partnerships with other stakeholders to develop and create socio-culturally relevant curriculum content and pedagogies. Programs are evaluated and assessed to track improvement in students and identify strengths and areas for improvement.

#### Apprenticeship, Internship, and the Trades

#### Public Safety and Youth Violence Prevention

Collaborating with multiple levels of government using the Public Health model to reduce risk factors associated with youth gravitating towards crime, gangs, and violence.

#### Reflective Services and Cultural Consideration of Care

YAAACE hires professionals and community members with relevant skills, strengths, and lived experiences in relation to the needs of the families we serve and the systemic barriers they face.





# Getting a LEG-UP on your Finances in 2023

When it comes to money matters, everyone wants to have two things: a stable source of income and assurance that you can afford anything you want and need according to your lifestyle. That's exactly what financial freedom entails, along with the free rein to budget and control your expenses without having to depend on anyone else.

Creating wealth is a game. Knowing the rules of the game of money can equip you with the best of skills to play it really well. True wealth is not about earning revenue but translating value and creating impact into people's lives. There's a reliable progression that anyone can take to earn more and build wealth, and the LEGUP Mastermind program is establishing a core group of ambassadors who are doing just that.

The LEGUP Mastermind Group is now an established peer-to-peer growth community that is helping the members secure a stronger financial future. Members have poured into and received advice from each other, and now are funnels passing on knowledge to the larger community.

As a group, we have moved through four out of seven modules revealing the mysteries of achieving our individual financial goals and creating generational wealth, from leaders and peers that we relate to: these modules include:

## Mastermind Kick-off

Dave and Julie navigated participants through the overall program, and spoke to the importance of having a mindset for financial success, they introduced the topic of relationship Intelligence and guided the group to create their To Be Profiles.

## Wealth Attitude - The LEGUP Mindset

In this module, the group learned that they didn't have to spend their life feeling financially stressed. Mindset is the foundational pillar to wealth creation. In this section, the program provided information, tools and coaching to develop the mindset to close the 1-Information, 2-Income & 3-Racial wealth gaps.



## Threats to your Future Self

These threats are real and ever-present. The group learned how to address them in a mindful and deliberate way. They were provided with Self-Paced videos from thought leaders sharing their wisdom and knowledge, along with self-paced work that prepared them for the Live MasterMind Group Session.

## Truths about your Future Self

Grasping these truths gives power to create a life beyond anything you currently imagine. The group took on the challenge of acting like their future selves, rather than their former selves. They individually worked on embracing uncertainty and change, and embracing learning and failure. Never be defined by "now." It is important to engage in deliberate practice so that over time, you'll grow into your own ever-evolving story. Take action, and invest in building your future identity.

This is how you become the version of you that you most want to be.

## Secure your Wealth Roadmap

This month the group will be working together to shift their mindsets, review and reframe their goals, and secure a path to generational wealth.

We are also starting preparation for our **LEG-UP Symposium**, a gathering of dreamers, builders, and trailblazers that are disrupting the wealth creation process.

This yearly, one-day symposium will empower BIPOC professionals to take on big financial challenges with bold actions.

Participants will have the opportunity to connect with business leaders, and peers who are breaking barriers and building bonds. They will get a chance to hear from an inspiring line-up of speakers who will help them become more financially empowered, live better and healthier lives and become more active participants in economic decisions.